

Overall Satisfaction:

- 100% of the participants rated the program as “excellent”
- 100% of the participants would recommend this program to another expectant mother

Health of the Baby:

- 100% of the babies were born full term (within 21 days of their due date)
- The average (and median) birth weight of the babies was 7 pounds, 3 ounces.

Health of the Mother: Behavior changes resulting from the program:

- After completing the program, 100% of the participants understand the difference between whole grains and processed grains
- After completing the program, the majority of participant families **prepared and ate home cooked breakfasts and dinners** more often than before attending the classes (and include whole grains, fiber and more fruits and veggies)
- The biggest dietary behavior changes we saw from the program (in the following order of degree of change, from high to low) were:
 - 1) increase in consumption of **lentils**
 - 2) increase in consumption of **fruits and vegetables**
 - 3) increase in consumption of **whole grains**, and
 - 4) increase in consumption of **beans**.The majority of participants also reported enjoying their meals more than ever before!
- Participants felt an impact on their health through the program- the biggest change was an **increase in energy** (70% of families noticed an improvement)

Some comments from the participants (translated from Spanish):

- “All (of the classes) were interesting because of the nutritional information. I learned to eat fruit with breakfast.”
- “It was great to learn about fruits and vegetables and how important it is for children to try them.”
- “(My favorite thing was) learning how to balance fiber intake and how to eat more vegetables.”
- “Everyone involved in this project has done excellent work; you can see by the satisfied participants.”
- “The food is very delicious and healthy! I loved all the classes.”
- “The classes were helpful in teaching me how to make vegetables and grains in a new way.”

